



Summer Safety Tips

The sun is out, school is out and the family is ready to have fun! Whether your kids are home for summer, on the road with you or away at camp, use these tips to keep your family safe and healthy.

Riding Safe

When your child is ready to roll make sure she:

- ❑ Always wears a helmet when riding a bike, scooter, and skateboard or roller blading.
- ❑ Wears knee and elbow pads for scooter riding, and adds wrist guards for roller blading or skateboarding.
- ❑ Rides a bike that fits her.

For Family Bike Rides:

- ❑ Children under one shouldn't ride as passengers on adult bikes.
- ❑ Children ages one to four (or less than 40 pounds) should ride belted and wearing a helmet. They ride best in a carrier seat mounted on the bike or in a bike trailer.
- ❑ Children follow your lead, so always wear a helmet when you ride!

Safe Travel

- ❑ Always strap children in a properly fitted car seat, booster seat or seat belt when traveling by car or airplane.
- ❑ The back seat is the safest place for children to ride.
- ❑ Children in rear facing car seats should never be placed in the front seat if it has an air bag.

- ❑ Make sure your child's car seat is approved for airplane travel (by checking your owner's guide).
- ❑ When renting a car, reserve a car seat or booster seat or bring your own.
- ❑ Lock all doors when driving.
- ❑ Never leave children alone in a car, even for a minute. Children left in cars are at risk for heat stroke, setting the car in motion, and getting injured by playing with power controls. Keep empty cars locked at all times.

Fun in the Sun

- ❑ Protect your children from too much sun. Especially between 10 a.m. and 4 p.m., when the sun's rays are strongest.
- ❑ Whenever your child is outside, use sunscreen with a Sun Protection Factor (SPF) of 15 to 30. Choose one that protects against UVA and UVB rays.
- ❑ Apply sunscreen 30 minutes before going outside. Re-apply every 60-90 minutes and after being in the water.
- ❑ Keep children under one out of the sun as much as you can. Dress your baby in lightweight, light-colored clothing with long sleeves and long pants. Always cover her head. Children under six months of age can have small amounts of sunscreen put on their faces and the backs of their hands, but be careful not to get it in their eyes or mouth.

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Fun in the Sun, continued

- ❑ Most of the sun's burning rays go right through clouds, so use sunscreen even on cloudy days.
- ❑ Select sunglasses for babies and children that provide 100 percent UV protection.
- ❑ When it is 90° or above and humid, children should not exercise or play outside for more than 30 minutes at a time.
- ❑ Provide plenty of fluids; water is best.
- ❑ Take cooling off breaks in the shade.

Water Safety

- ❑ Never leave children alone in or near the water, even for a minute. Watch children with care in and around water. Have adults take turns being "child watchers" at family events.
- ❑ Use life vests for boating, and while swimming in lakes, rivers or the ocean.
- ❑ Bring life vests with you on outings and vacations. Make sure they fit and are comfortable. Young children need to wear life vests when playing near deep or moving water, on docks and on boats. Teens and adults need to wear life vests on boats and if swimming across a lake or river.
- ❑ Teach your children to swim. Be aware of the hazards of swimming in a lake or river.
- ❑ Toys and mattresses that inflate will not keep children safe. Life vests are the only flotation aid you can rely on.

- ❑ Children should swim only when lifeguards are on duty or if an experienced swimmer is watching.
- ❑ Pools need a fence that has four sides, is at least four feet high, and is self-latching and secured.
- ❑ Cover your spa when not in use. Keep long hair away from intake drains at the bottom of spas.
- ❑ If you spend time in boats, learn about boating safety. Call 1-800-336-BOAT for more information.
- ❑ Ponds, five-gallon buckets and wading pools are a drowning hazard for very young children. Drain water from buckets and make sure children are supervised around water.
- ❑ Visit www.seattlechildrens.org/dp to learn more about water safety.

Playgrounds

- ❑ Watch children while they play at the playground.
- ❑ Keep children away from the front and back of swings while in use.
- ❑ Make sure metal slides are cool to prevent burns.
- ❑ Check play equipment for exposed bolt heads, sharp edges and places where fingers can get pinched. Cover these with rubber.
- ❑ Place new play equipment over wood chips, sand or other soft surface.
- ❑ Avoid riding double on swings and slides.

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Lawn Care

- ❑ When you mow the lawn, keep children under five inside or away.
- ❑ Store mowers away from children. Toddlers can cut or burn themselves on mower parts.
- ❑ Never let children ride on mowers or in carts towed by mowers.
- ❑ Avoid using insect or weed killers on your lawn or garden. If you do, keep children out of the yard for at least 48 hours.

Bites and Stings

- ❑ Teach your children how to deal with dogs outside your home. Teach her to never surprise or scare a dog and never approach a dog she doesn't know.
- ❑ Check eaves and under decks for bee or wasp nests. Teach children not to touch or throw things at nests.
- ❑ Avoid using insect repellent on infants or small children or on the face, hands or on cuts.
- ❑ Use repellent that contains no more than 30 percent DEET. Use repellent on clothing instead of skin.
- ❑ Avoid dressing your child in brightly-colored and floral print clothing.
- ❑ Avoid using scented soaps, perfumes, and hair products.

To Protect Against Ticks:

- ❑ Have children wear long-sleeved shirts and pants.
- ❑ Tuck clothing into pants and pant cuffs into socks.
- ❑ At the end of the day, check your child's whole body for ticks.

For More Information

- Your health care provider
- Children's Resource Line:
(206) 987-2500 or 1-866-987-2500
toll-free Washington, Alaska, Montana, Idaho
- www.seattlechildrens.org
- If you have a child with special health care needs, injury prevention and safety tips are available via the Center for Children with Special Needs at www.cshcn.org.

This handout has been reviewed by clinical staff at Children's Hospital. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's health care provider.

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